

# Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

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## Go Red for Women Luncheon Raises \$219,000 to Battle Heart Disease



South Bay Go Red For Women Luncheon chairwoman Lisa Garey chats with guests outside the ballroom before the start of the program. The Luncheon, which was a sold-out event, raised awareness of heart disease. Photo courtesy of American Heart Association. For more photos, see page 3.

## Local Resident Launches Fundraiser to Help Victims of Nepal Quake

By Brian Simon

When a catastrophe occurs in a remote part of the world, it can still hit close to home no matter where you happen to be located. Such is the case for South Bay resident Sudip (known to friends as Steven) Giri, whose native land Nepal continues to endure the devastating impacts of a devastating 7.8 earthquake late last month that killed at least 8,000 people, injured more than 18,000 others, and leveled much of the capital city Kathmandu as well as surrounding areas. In addition to countless aftershocks, a second major quake followed on May 12 with a magnitude of 7.3 that resulted in more than 40 additional deaths and over 1,000 injuries.

Giri, who moved to El Segundo in early 2013, received a call from his mother shortly before midnight on April 25 telling him that his family house had been destroyed as a result of the quake from which she had barely escaped. "She was worried sick because she was not able to reach my brother who lived nearby," he said. The quake's epicenter was just 30 miles from Giri's hometown of Ramkot. After several harrowing hours, Giri was relieved to learn that his brother had survived the quake. "He barely made it out alive from his office along with his three friends," he said. "But not everyone was so fortunate. He also mentioned the names of six people whom I knew personally who had perished in the disaster."

With the cellular network down most of the time, Giri found it nearly impossible to reach his parents over the next couple of days. His dad finally called to report the family was sharing a canopy and food with a group of neighbors. During this period, heavy rains hit the area and the group had to fend off

opportunistic looters. Giri's family salvaged whatever they could of their belongings from the ruins of the house and stored the items in a neighbor's home. "My house where I grew up and have all my childhood memories has been demolished," Giri wrote on his blog nepalneedsnow.wordpress.com. "Although my home and neighborhood will never be the same, I am fortunate enough to have all my family members and loved ones alive."

The tragic stories coming out of Nepal spurred a number of Giri's friends, former and current co-workers, and volleyball teammates (he plays five days a week at Recreation Park) to reach out to him. Encouragement from his manager at Gunthy-Renker (where he works as a member of the Business Intelligence team) inspired him to start a rebuild effort immediately. With the help of his long-time girlfriend Ankita Thapa, Giri established a Crowdrise website to launch a fundraising campaign first concentrating on the areas of Ramkot and neighboring New Baneshwor. The first \$2,500 came in after just 24 hours and as of press time, the "Nepal Needs Now" effort had accumulated over \$6,000. An additional fundraiser at El Segundo Middle School organized by the Hilltop Church collected \$5,000 more last week, while co-workers and friends also amassed about \$12,000 in donations. "We need even bigger support from El Segundo," Giri said. "All donations no matter how small or big, are very much welcome." The goal of the effort is to provide the survivors with basic needs to keep them safe and healthy until international aid organizations arrive, or until the families can relocate to more stable areas.

Every dollar makes a huge difference in

the lives of the impacted families of Ramkot, Giri noted. As an example, just under \$3,000 was able to provide tents, mats, blankets, salt, rice, vegetables, oil, gas and a generator to support the basic needs of 10 families (52 members) in the neighborhood. "Restoring my neighborhood will take a significant amount of funds and even more support," Giri wrote on his blog. "As such we have redoubled our efforts to share our story and, it is hoped, focus more attention on the tragedy in Nepal."

Giri was quick to credit Thapa for her steady support in the cause. "She has relentlessly worked on this fundraiser and has reached out to her friends at ITU [International Technological University] where she is working on her MBA in Bio Management," he said. "She has been a huge inspiration and I couldn't have gotten this far without her."

Giri grew up in Kathmandu and was valedictorian of his high school in the village of Bansbari. He and Thapa came to the United States separately eight years ago as international students attending University of Central Oklahoma in Edmond. "We were both enrolled in the same English class and that's where we met," Giri said. The two started dating and both moved on scholarships to East Central University in Ada, Oklahoma. After graduating in 2010, Giri next headed to Reading, Pennsylvania for a job at Wells Fargo in the IT department, while Thapa remained in school to complete her bachelor's degree in Molecular Biology. Giri later earned his MBA in Finance from Oklahoma Christian University. The couple moved to California in 2012. Prior to his current stint at Guthy-Renker, Giri worked for Cetera Financial

See Nepal, page 2

## Weekend Forecast

Friday, June 5

Partly Cloudy  
65°/57°



Saturday, June 6

Partly Cloudy  
68°/58°



Sunday, June 7

Partly Cloudy  
69°/60°



# Community Briefs

## Destination: Art Reception



Rosemary Bandes. Photo provided by Destination: Art.

Rosemary Bandes was the featured artist at the Destination: Art reception held on May 16 at their gallery located at 1815 W. 213th Street, #135 in Torrance. The showing included Rosemary's recent abstract work made with poured resin as well as her California impressionist art. She is a member of Women's Painters West, Pacific Art Guild, Experimental Artists of the South

Bay, International Society of Experimental Artists and is an in house studio artist at Destination: Art. Destination: Art is a venue for South Bay fine artists and artisans to work, teach and exhibit. Rosemary's work will be featured through the end of May, open Thursday through Saturday 11am to 5pm and Sunday Noon to 4pm. Additional info at [www.destination-art.net](http://www.destination-art.net).

## MB Community Church Junior Choir Presents Cinderella

The Junior Choir of Manhattan Beach Community Church is proud to announce its spring presentation of Cinderella, a continuing favorite with audiences and children of all ages. This will be the sixth time that the MBCC choir has done the show - and the kids love it every time. It has something for everyone: lovable mice, goofy stepsisters, marching chefs, and of course, lots of your

favorite songs. Performance dates are Friday, June 5, at 7:30 p.m.; Saturday, June 6, at 7:30 p.m.; and a matinee performance on Sunday, June 7, at 2:00 p.m. at Manhattan Beach Community Church, 303 S Peck Ave, Manhattan Beach, CA 90266. For tickets or more information, contact Karen Dutcher at 310-819-5066 or [spungirl2@hotmail.com](mailto:spungirl2@hotmail.com).

## Grades of Green Awards



Five amazing students from the South Bay received awards from California Assemblymember David Hadley for creating "Green Projects" which benefit the environment. The students, who range in age from 7 to 18, are part of the Youth Corps Eco-Leadership Program created by Grades of Green, an international environmental education non-profit based in El Segundo. Pictured, Grades of Green Youth Corps student Lauren S. (Manhattan Beach) receiving her award of recognition from Assemblymember David Hadley. •

# Manhattan Beach Officers Receive Medals of Valor

Two Manhattan Beach Police Department officers received the Medal of Valor "Life Saving Award" given by a committee of the joint South Bay Chambers of Commerce. The awards were presented at a luncheon on May 20th, and the guest presenter was KTLA anchor Glen Walker.

Officers Klosowski and Hidalgo received recognition for responding to a call regarding a woman who had passed out while eating at a local McDonald's and was not breathing. Within seconds of hearing the call being dispatched to the Manhattan Beach Fire Department, Officers Taylor Klosowski and Justin Hidalgo who were in separate cars both recognized the grave nature of the call and both decided to act. They both responded Code-3 and due to the fact they were already in the area, they both arrived before the Manhattan Beach Fire Department.

Officer Klosowski arrived first and entered the restaurant. When he located the elderly victim, she was still seated upright in a booth. Officer Klosowski physically pulled the victim from the booth onto the ground and began

life saving CPR. Officer Klosowski advised dispatch over the radio he was conducting CPR and continued to do so until Officer Hidalgo arrived. Although not required to,



Officer Taylor Klosowski.

Officer Hidalgo took it upon himself early in his career to become a certified EMT and to carry first aid supplies such as a bag valve mask with him at all times for just this type of emergency. Officer Hidalgo retrieved the first aid supplies he carries with him on patrol. He then entered the restaurant and immediately located the elderly victim on the ground being tended to by Officer Klosowski. Officer Hidalgo immediately assisted with lifesaving CPR rotating between chest compressions and using the bag valve mask he brought with him.

When the Manhattan Beach Fire Department arrived, they took over the victim's medical care. The paramedics were able to detect a heartbeat so they transported the victim to Little Company of Mary Hospital where she eventually transferred to the Intensive Care Unit. •



Officer Justin Hidalgo.

## Nepal

from front page



An aerial photo of Sudip Giri's family home in Nepal, which was destroyed in the recent 7.8 earthquake that struck the region. Giri has created a crowdfunding site to raise money for rebuilding.

Group. Thapa meanwhile found employment with Coca Cola. "We lived in Torrance before moving to El Segundo---and the main reason we moved to El Segundo was because it was the safest neighborhood we could find and it was also closer to our job locations. Seeing the way El Segundo has stepped up to help

the quake survivors is another reminder of just how wonderful the people here are and what a special community this is. We are very proud to be residents of El Segundo."

For updates on the fundraising effort and to donate, go to [www.crowdrise.com/nepalneedsnow](http://www.crowdrise.com/nepalneedsnow) •

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# South Bay Go Red For Women Luncheon

Photos courtesy of American Heart Association



South Bay Go Red For Women Luncheon Honorary Chairwoman Charlotte Lesser with husband Russ.



Nearly 400 people came together for the second annual Go Red For Women Luncheon, held in Manhattan Beach. The sold-out event was a success, raising more than \$219,000 for women's heart health.



Guests grooved to 'Stayin Alive' after learning Hands-only CPR.



NBC4 reporter Hetty Chang (second from left) served as the program's master of ceremonies. With her in the picture are members of the station's community affairs team, Terry Hernandez Rosales, Carol Soudah and Kim Dutton.



Los Angeles Kings color commentator and former hockey player Daryl Evans with American Heart Association's Senior Vice President for Southern California Tammy Rocker.

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# Marrying Over Fifty

By R. Christine Brown, southbay-elderlaw.com

Coming together at 50-plus is different from getting married in your 20s, particularly when it comes to money. "You've had a lifetime of solidifying your money beliefs" and behaviors, says Janet Stanzak, president of the Financial Planning Association. These are some ways to smooth the transition if you're tying the knot this summer.

It's true, marriage at 50 looks a lot different than marriage at 25. And no, we aren't talking about the latest wedding fashions or honeymoon destinations. Financially, there is much to consider when getting married past 50.

AARP Magazine published an article titled "4 Smart Money Moves If You Marry After 50" last summer (<http://www.aarp.org/money/budgeting-saving/info-2014/marriage-money-matters.html>) that did a great job of discussing some reminders before saying "I do" after you turn age 50. These reminders will work for you if you are walking down the aisle this June, July, or August.

Talk about prior obligations. With age comes various obligations like support payments and debts. Share your credit reports and scores, and review previous divorce agreements for details about cash flow, assets and debts.

Don't forget your adult children. Although

you may have considered what you'd like to do for them financially, and they've probably have some ideas about what they may one day inherit, a later-in-life marriage changes this. It also complicates your estate planning, so speak with an experienced estate planning lawyer about the changes. The article advises that you discuss your decisions with your new spouse and adult kids to hopefully decrease or eliminate the amount of controversy down the line. You can also formalize these plans in a prenuptial agreement.

In addition to a prenup, revisit your estate plan with a qualified estate planning attorney, in addition to your beneficiary designations. Wills finish second to legal titles to real estate or beneficiary designations on financial accounts, as well as retirement plans and insurance policies. Make any changes in writing, and be careful with Social Security, the article cautions.

On last thing: if you're close to 62 and want to apply for a former spouse's Social Security benefit, you shouldn't remarry, as you must be single at the time you apply.

For more information and articles on estate planning and elder law topics, please visit our website and sign up for our free monthly e-newsletter. You can also friend our law practice's Facebook page (R Christine Brown) •

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## Film Review

### Mad Max: Fury Road is a Towering Feat in Blockbuster Filmmaking



Tom Hardy in *Mad Max: Fury Road*. Photo courtesy of Warner Bros. Pictures

By Nelson Tracey for CINEMACY

Early into the film, Nux (Nicholas Hoult) screams the film's tagline with cultish insanity: "What a Lovely Day!" Indeed, there isn't a better way to summarize the visceral, unconventional, deranged journey that unfolds over the course of two jam-packed hours in *Mad Max: Fury Road*.

An important note for potential viewers of this film is that despite the fact that it is a reboot of an existing character and world, *Mad Max: Fury Road* requires no preface or introduction. This is a film meant to be seen by new audiences, in direct contrast to so many of the reboots which are more a ploy of nostalgia for fanboys prior to 1990. The visionary George Miller, who has directed every film in the series, is back to tell more Max stories for an entirely new audience. And he doesn't hold back.

Without a second to waste, we enter the world of Max Rockatansky (Tom Hardy) and it's a nasty, fully realized post-apocalypse. Dystopias are all the rage in the wake of *The Hunger Games*, but none of them have nearly the level of detail and sophisticated madness that *Fury Road* displays. A major point of praise is that so much of the story is displayed through the visuals. The same goes for characters, plot points, you name it; this is an exercise in using dialogue to a bare minimum in favor of visual spectacle. The level of detail sets the bar extremely high for any future film trying to capture a futuristic world. Nothing is easy to digest about *Fury Road*: it is a wild ride of non-stop mayhem. In other words, it is an absolute blast.

One of the most exciting elements of the film is the stunt work. According to the director, 80% of what is onscreen is practical effects. Seeing some of the ludicrous stunts that are pulled off so magnificently is an incredible treat. The pacing of the film, while still remaining a nonstop thrill ride, builds

nicely as it continues to get progressively bigger without losing its genuine feeling. From time to time the film cuts to black to break up the sequences, and I found myself catching my breath each time.

When it comes to big-budget blockbusters, this is what we should be asking for. With the amount of money that gets poured into these movies, seeing *Mad Max* is a reminder of the insanely good results that can be produced.

It's just as relevant to mention how well utilized the principal cast is. This isn't a movie grounded in flashy performances, but every character manages to say so much with so little. Tom Hardy may be my favorite working actor today, choosing such a wide range of daring projects and bringing so much poise to each one. There is an interesting parallel between this film and *Locke*, Hardy's film from last year in which he is the only actor on screen, and the entire runtime he is driving in a car talking on the phone. This time around, Hardy is once again driving a majority of the time, and dealing with similar themes of chaos and control.

But this isn't just his movie. Charlize Theron is just as much the lead this time around as Imperator Furiosa, and true to form, she is the toughest female lead you could possibly conjure. Pinning the two together creates a dynamic that is top tier.

The film goes at you very fast, and because the story is so richly detailed, it's hard to capture everything the first time around. I found myself wanting to watch the film again. Incredible CGI-minimal action sequences, top-notch production design, convention-defying structure and story— if you haven't already gathered, this is not just another film, it is a towering feat in blockbuster filmmaking and a reminder of what movies aim to be. *Mad Max: Fury Road* is now playing at ArcLight Cinemas. •

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Prep time: 10 minutes | Cook time: 8 hours | Servings: 12

## Ingredients

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons McCormick

### Mixed Pickling Spice

- 1 teaspoon McCormick Minced Garlic
- 1/2 head cabbage, cored and cut into wedges

## Preparation

1. Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover. Tip: For best results, do not remove cover while cooking in slow cooker.
2. Cook 7 hours on high. Add cabbage. Cover. Cook 1-2 hours on high or until cabbage is tender-crisp.
3. Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables. •

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# Protect Your Pets from Flea Infestations

By Dr Greg Perrault

April showers bring May flowers, but May showers bring fleas! The combination of humidity and warm temperatures allows fleas to breed quickly and thrive. Fleas are more than a nuisance. Many cats and dogs are allergic to the flea bites and will have severe dermatitis. Fleas can also transmit disease.

In cats, fleas can transmit Mycoplasma Haemofelis (formerly called Hemobartonella and Feline Infectious Anemia). This is a potentially serious disease for all cats but especially in cats already infected with Feline Leukemia Virus. The red blood cells

become altered and the cat's immune system destroys the cells leading to anemia. Fleas can also transmit the bacteria responsible for Cat Scratch Disease (Bartonella). Dogs and people can become very ill from this disease. The clinical signs range from weakness and lameness to fevers and meningitis, as well as affecting internal organs.

Fleas transmit Murine Typhus to people. This disease is seen frequently in Southern California. Murine Typhus is a rickettsial disease caused by a type of bacteria called Rickettsia Typhi that is transmitted via flea-bites. Fleas carry the bacteria in their feces,

and often defecate while biting and feeding on blood. When a person is bitten by a flea and then scratches the bite, the bacteria from the feces can enter the wound and enter the blood stream. People become infected from fleas brought into the home by their pets, or by rats, mice and opossums carrying fleas around the home. Transference of the bacteria through the eyes, nose, or mouth can also infect people, or inhaling crushed or dried feces of an infected flea.

So how do we prevent these fleas in the first place? The first thing is to use flea prevention year round whether you see them or not. Trying to put out a fire is harder than preventing one. It helps to understand the flea lifecycle and how the modern medicines work.

Fleas are like most insects. They have four life stages: An egg stage, larval or maggot

stage, pupa or cocoon stage, and the adult. Only the adult stage lives on the pet and it spends its entire life of about 10 days to three weeks on the animal. During that time the female flea will lay about 50 eggs per day. That's 500 eggs from one flea. The eggs fall off the pet and hatch into the maggot stage. This stage can be as short as nine days. After molting, the maggots form a cocoon.

Once the flea reaches the cocoon stage it's almost impossible to kill. In fact, a flea in its cocoon can remain alive for over a year and withstand heat, cold and drought. The covering of the cocoon is sticky and picks up all kinds of dust and dirt making them difficult to see. The adult flea hatches from the cocoon when it senses movement, warmth and carbon dioxide. With 70-degree temperatures and 70 percent humidity, a flea can go from an egg to an adult in about 14 days. During the cold weather, the flea eggs and cocoons can take longer to go through their life cycle or may not hatch but they don't die. They can just sit and wait for the perfect weather and the perfect host to walk by.

Treat your pet year round with a professional medicine prescribed by your veterinarian. He or she will be able to recommend the best type of flea control for your pet's age, breed and health status. Avoid flea shampoo or sprays. These are marginally effective, can irritate skin and are potentially more toxic than newer products. Stay safe and see your veterinarian for more information about fleas.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach and is the Chairman of the Board of Health and Human Services for the City of Long Beach. •

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# PETSPETS Pets PETSPETS PETSPETS

## Wowser Schnauzers



Peabody

We are looking for volunteers to help with our pet adoption fairs which are held every Saturday at the Petco located at 537 N. Pacific Coast Highway Redondo Beach 90277, from noon-3: 30 p.m. If you are interested in volunteering and can commit to at least one Saturday a month, please contact us at [info@msfr.org](mailto:info@msfr.org). You can also visit all of our Miniature Schnauzers & Friends rescues at the adoption fair or check out our website, [www.msfr.org](http://www.msfr.org). If you have any questions about a particular dog's availability you can email us at [info@msfr.org](mailto:info@msfr.org). Schnauzers! Bet you can't adopt just one!

Hi there! I'm **Peabody** – not Mr. Peabody, just sweet, adorable, happy Peabody. I'm a three-year old, male Miniature Schnauzer mix who looks just like a purebred with longer legs, a natural tail and eyelashes that would put Bambi to shame! I was rescued from a LA county shelter where my owner turned me in because I was "aggressive with their seven-month-old baby" or so they said. The MSFR folks haven't seen anything but a great temperament. I love everyone and get along with other dogs so if you have a pal for me, that's great. I'm only 19 pounds so I'm still cuddling and hugging size and once

you see how well mannered I am I know I'll just steal your heart. Who could resist a face like mine???

If you are interested in Peabody please email [info@msfr.org](mailto:info@msfr.org) for more information.

I thought that I did everything right and I was the best little girl that I could be but my owners still turned me in to a shelter. My name is **Rhonda** and I'm only three years old but now I'm looking for my forever home. My owners told the shelter people that they



Rhonda



Jaycee

could no long care for me but I don't know why because I'm really not much work. I'm a female Miniature Schnauzer mix who has a little longer body and I'm a smidgen taller than a purebred Miniature Schnauzer. I'm about 18 pounds – still small enough to be your take along companion – and I get along well with other dogs but love my people. Please come and see me – I know you'll fall in love with me. If you are interested in Rhonda please email [info@msfr.org](mailto:info@msfr.org) for more information.

Hi there! My name is **Jaycee** and I'm looking for my forever home. I got lost one day and I couldn't find my way home. I ended up at a LA county shelter and I waited for my owners to come find me but no one ever showed up. I'm so glad that the MSFR folks

decided to take me in and they're helping me find a new family. I'm a three-year-old female purebred Miniature Schnauzer who is very friendly. I'm a quiet little gal with great manners and I get along splendidly with other dogs. I'm not very big, only 16 pounds but I think that's just the perfect size to curl up next to you while we watch TV or read a book. I'm a happy little girl with lots of love to give so please come see me. If you are interested in Jaycee please email [info@msfr.org](mailto:info@msfr.org) for more information.

Have you ever seen a one-year-old, 60-pound, male Catahoula mix dog? If you'd like to meet one, just ask for **Earl**. I was rescued from a LA county shelter where they called me a stray but I was just lost. I'm very intelligent and would be a great addition to your family. I have fine leash and car manners, I'm housebroken, crate and doggy-door trained. I aced my leadership-based obedience classes but like many large-breed adolescents, I can be stubborn. I would do best with an "alpha" handler who has experience and time to help me fulfill my potential. In fact, I thought I had found my forever home, but unfortunately I was returned after just a few months. My over-scheduled adopter decided that she did not have time for a young, very active dog who's is a happy, playful, affectionate boy. I absolutely love people of all ages, sizes, and genders. If you are interested in meeting Earl, please email [Emread@verizon.net](mailto:Emread@verizon.net) for more information. •



Earl

## Happy Tails

Hooray and congratulations to Missy and her new family. Missy is our senior gal that lost her home due to a divorce and ended up at a shelter. After doing a senior screen, we found she had some underlying health issues with her liver but we found the perfect home for her ... a retired Veterinarian and his wife. They

are longtime Schnauzer lovers and recently lost their senior Schnauzer gal. One look at Missy and it was instant love. Missy is now living in Ventura with her Mom, Dad and a Border Collie sibling. We also give huge kudos to her Dad who performs pro-bono veterinary care for police dogs. •



Missy has a brand new family.

**THE YELLOW DOG PROJECT.com**

If you see a dog with a **YELLOW RIBBON** or something yellow on the leash, **this is a dog who needs some space.** Please do not approach this dog with your dog. Please maintain distance or give this dog and his/her person time to move out of your way.






There are many reasons why a dog may need space:

- HEALTH ISSUES
- IN TRAINING
- BEING REHABILITATED
- SCARED OR REACTIVE AROUND OTHER DOGS

**THANK YOU!**

Those of us who own these dogs appreciate your help and respect!

Illustrated by Lili Chin [www.doggiedrawings.net](http://www.doggiedrawings.net)